

# ROAD RAGE UTAH STYLE



Hello friends I can see by all the orange, that construction season is in full bloom. I know how upset I get when the hive is busy. I can imagine what it is like driving through all the work down there.

I guess that is why I would like to take the time and talk about Road Rage with you. Actually we can divide this into to two topics. One would be us driving state cars, and being a target of Road Rage. Second would be us taking out our Road Rage on others. This month lets talk about being a target.

Have you ever thought about your driving when you're in a state car? The cars have some pretty bright decals that stand out when going down the road. In trying to give service to those in the state occasionally we can upset some of our citizens. We need to be aware of several things while on state business. Most are basic tips like the following.



- ✓ Do you follow all the laws of the state? (Even that one about speeding)?
- ✓ Do you drive in the left lane no matter how fast you are going?
- ✓ If someone cuts you off do, you use that horn to show your appreciation?

These ideas are just a few of the thousand I could list.

An expert in the field of Road Rage is Dr. Leon James. In 1997 Dr. James testified before congress on Road Rage and Aggressive Driving. They know him as Dr. Driving on his web site.

[HTTP://www.aloha.net/~dyc/kindness.html](http://www.aloha.net/~dyc/kindness.html)

Dr. James suggests that nearly every driver has feelings of rage and thought of retaliation. He states Road Rage is a habit acquired in childhood. Children are reared in a car culture that condones irate expressions as part of the normal wear and tear of driving. Once they enter a car, children notice that suddenly the rules have changed: "It's okay to be mad, very upset, out of control, and use bad language that's ordinarily not allowed." By the time they get their driver's license, adolescents have assimilated years of Road Rage.

We can do things to not become a target while in our cars. They can include the following.

- ✓ Not staring at other drivers
- ✓ Don't take traffic problems personally
- ✓ Remember they pay you by the hour, if you are late so be it. Don't Stress yourself?
- ✓ Traffic is a shared activity, You can get what you give
- ✓ Not acting scared of others because you are in a state car
- ✓ If you are being harassed dial 911 and stay away from the aggressive driver
- ✓ Never gesture or lip sync compliments to other drivers

The U.S. Department of Transportation has estimated that they can attribute nearly two thirds of all highway fatalities to aggressive driving. Lets make sure that we are careful out there and that we do everything we can to limit ourselves from becoming a victim of Road Rage. Also lets watch the innocent bees that are busy enjoying the summer, and remember be smart, be safe and B. Secure